

## EAT LESS AND TAKE SALTS FOR KIDNEYS

Take a glass of Salts before breakfast if your back hurts or bladder bothers you.

The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health. When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.

### MALINDA

Malinda, Nebr., Nov. 5—A box social was given at the Wickard school house Halloween night. All report a fine time.

Dr. Bradshaw's little son Carl was bitten by their dog one day last week.

Mr. and Mrs. Coyle of Alliance are visiting with Mr. and Mrs. Cogar this week.

Master French Conrad is very sick this week with cold and sore throat. He hopes he will soon be able to return to school.

Richard Denton, while going home from school Friday evening, was thrown from his horse and his right arm was broken. His parents took him to a doctor that evening, and he is getting along very nicely now.

Mr. and Mrs. Bert Miller were callers at T. A. Dean's Wednesday, November 4.

Mr. and Mrs. Bradshaw are going to Bayard to spend the winter. We are sorry to have them leave this neighborhood, but hope for their return soon.

Mrs. Anna Denton is sporting a full mouth of fine looking teeth nowadays. The work was done by Dr. Bradshaw, who is a fine dentist.

J. B. Conrad was in Alliance one day last week on business.

L. A. Dean and family were visitors at J. B. Conrad's Sunday, November 1.

Geo. Denton's were callers at Wes. Cogar's, November 3.

### LOCAL DRUGGIST

#### MAKES MANY FRIENDS

H. Thiele, druggist, reports they are making many friends through the QUICK benefit which Alliance people receive from the simple mixture of buckthorn bark, glycerine, etc., known as Adler-i-ka. This remedy became famous by curing appendicitis and it is the most thorough bowel cleanser known, acting on BOTH the lower and upper bowel. JUST ONE DOSE of Adler-i-ka relieves constipation and gas on the stomach almost IMMEDIATELY. — Adv.-Nov 12-4089

### BINGHAM ITEMS

Bingham, Nebr., Nov. 10—Nov. 3 passed very peaceably here.

The following precinct officers were elected: J. A. Fallor, assessor; Phil Castle, road overseer; D. C. Ballard, justice of the peace; M. L. Kincaid, constable.

E. E. Melvin had a fine car of apples here last week, which sold for 90c per bushel.

L. E. Ballinger was a passenger to Alliance Wednesday the 4th.

Mrs. R. R. Kincaid, Mrs. J. S. Stephenson and Mrs. Gene Rentfro went to Alliance Monday to attend the O'Neill-Williams wedding.

Wm. Welch took the election returns to Rushville Wednesday.

Geo. Brockner returned from Alliance Tuesday in time to cast his vote here.

R. R. Kincaid & Co. are making preparations for a new shingle roof on their store.

Mrs. M. L. Kincaid and mother, Mrs. M. J. Keyes, left Thursday, the 6th, for a couple of weeks' visit in York.

M. J. Keyes and E. O. Vaughn went out to Ballinger's, Thursday to do some concrete work.

Cal Wickham was in town Monday the 9th after a load of corn and on out for Ballinger.

L. F. Penn and wife were shopping in town Monday.

R. R. Kincaid was out at his ranch Sunday and Monday to look after some of his business interests there.

Wm. Welch returned from Rushville Friday.

D. C. Ballard and J. H. Willey vaccinated their calves Saturday.

Mrs. E. Shafenberg visited with Mrs. R. R. Kincaid Saturday and Sunday.

Quite a delegation of our young folks attended the dance at the Bill Boland place last Friday night, and report a fine time.

R. E. Kincaid and family and J.

F. Sellers and family spent Sunday at R. R. Kincaid's.

Mrs. Edith Murphy of New Castle, Wyo., is visiting her parents, Mr. and Mrs. J. H. Willey.

Dipping cattle is the by-word here these days.

Chas. Wilson was seen in our berg after an extended visit in Anselmo, Nebr.

Cheer up. You boys that got defeated at election don't need to feel downhearted, there may be better times coming.

W. Z. Emerson was trading in our town Saturday.

Tom Hale, the section boss, had his force increased two more men last week.

Mrs. Marcus Comes returned from Alliance Monday. She has been in Alliance for the last week with a sprained ankle, but is able to get around some now.

L. E. Blaylock was in town Sunday, buying supplies for his Kinkaid. Ed Schultz of Tippetts postoffice was trading in our town Saturday.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only Constitutional cure on the market. It is taken internally. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. Cheney & Co., Toledo, O. Sold by druggists, 75c. Take Hall's Family Pills for constipation.

#### Returned to Central City

Mrs. J. G. Beck and daughter Mrs. Hazel Conner, have returned from the former's home at Bingham to Mrs. Conner's home at Central City, Nebr., accompanied by the twins and the little boy, Lawrence. They were met at Grand Island by Mr. Conner.

#### Likes Alliance Immensely

Mrs. F. F. Fancher and children, family of F. F. Fancher, proprietor of the Cosmopolitan Pool Hall, arrived in Alliance Tuesday night of last week from Casper, Wyo., their former home. They like Alliance very well.

Lest you forget—we say it yet—you can get three magazines for one year by renewing your subscription to The Herald. We want all of our old subscribers to get these magazines. We are selling The Herald with three magazines all one year for only \$1.75.

#### Sick Two Years With Indigestion.

"Two years ago I was greatly benefited through using two or three bottles of Chamberlain's Tablets," writes Mrs. S. A. Keller, Elda, Ohio. "Before taking them I was sick for two years with indigestion." Sold by all dealers.—Advertise.

## Children's Eyes

If your child is backward in his studies—does not like to study, or has symptoms of headache, you will probably find that there is some eye trouble.

There may be no outward sign of defect, yet the eyes should be examined to make sure that there is no fault in them.

WE GIVE SPECIAL CARE TO CHILDREN'S EYES.

### Drake & Drake

Registered Optometrists, 306 1/2 Box Butte Ave. Over Thiele's Drug Store. Phone: Res. 627, Office 121

## GRAY HAIR BECOMES DARK, THICK, GLOSSY

Look years younger! Try Grandma's recipe of Sage and Sulphur and nobody...

Almost everyone knows Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome.

Nowadays we simply ask at any drug store for "Wyeth's Sage and Sulphur Hair Remedy." You will get a large bottle for about 50 cents. Everybody uses this old, famous recipe, because no one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy and you look years younger.

## MYERS LIKED COURT HOUSE

Man Who Was on Site of Alliance in 1887 Says Great Changes Have Taken Place in Alliance

J. H. Myers, of Bloomington, Illinois, uncle of M. O. Joder of Alliance, is stopping over on his way to California and other western points for a visit here. Mr. Myers made a trip of inspection through the new court house the last of the week and

was amazed at the construction and finish.

"We have a court house in our town that cost half a million dollars and excepting for the fact that it is larger and finished on the outside entirely with stone, it is no finer than this," said Mr. Myers. When told that this building was constructed at a cost of only \$65,000, he stated that it is a bargain for the money.

Mr. Myers and his wife are taking a trip of nine months. They will visit the San Francisco fair before returning.

#### Pixie Operetta

The Emerson school will give a Pixie operetta at the Phelan opera house, Friday evening, Nov. 20. Proceeds to be applied on piano purchased last year.

# TO THE MAN of Small Means

The Man of Moderate Means  
The Man of Millions

We Want **VERO, FLA.**

Here's your opportunity, prices and terms to suit every body. Almost everything grown in the North grows more luxuriantly on Indian River Farms, and hundreds of crops are produced which cannot be produced elsewhere.

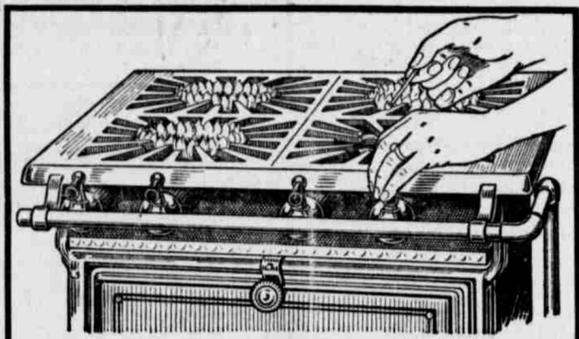
Pork can be raised for 2 cents a pound, one acre will support and keep fat five head of cattle. Investigate.

Excursions Nov. 3rd and 17th, Dec. 1st and 15th.

## Indian River Farms COMPANY

Representative H. E. Chamberlin.

703 Victor Bldg. Kansas City, Mo.



## One Safe Home Match will light all four burners

Try to light a gas stove with a short-stick match. is large and strong. The flame "takes hold."

If the stick does not break, or you don't burn your fingers, the chances are about three in five that the rush of gas from the burner will blow the match out. We do not exaggerate when we say that you can get as much real service from three Safe Home Matches as from five ordinary matches. They are non-poisonous, too. For that reason alone they should be in every home in America.

If you are exceptionally fortunate, you may light one burner—possibly even two. To light the others, you have to go through the same rigmarole.

With one Safe Home Match you can light all four burners. The stick

5c. All grocers. Ask for them by name.

The Diamond Match Company



## How Much Bread

do you eat in a year? You eat about sixty feet. It is necessary, therefore, that you eat good bread. We make that kind. Our morning delivery is prompt. Our service is first class. We carry the most complete and purest line of bakery articles in town.

## MANEVAL'S

Phone 745 or 572 124 E. First Street

121 1/2 Box Butte Ave.

OUR SODA FINE DRINK IT!



Yes, drink our quality soda. The flavors have a delightful smooth richness, just the right taste you want. And the beauty of it is that our soda not only tickles the palate, but it is so pure and free from harmful ingredients that it helps the system. Hundreds of folks in town say our soda is the best ever. Plenty of room for all and prompt attention. Our drug store is the best for quick and good service.

## HOLSTEN'S

THE REXALL STORE

Phone Number 6

Phone Number 6

## Jewelry of High Degree

Rings, Necklaces and Scarf Pins  
Ornaments in Silver and Gold

Watches and Watch Repairing  
a Special Feature.

"Experience be a jewel," wrote Shakespeare, and he was a philosopher as well as playwright. Your experiences in purchasing anything in our line will be jewels. Our wares are exactly what they are represented to be.

## Brennan's

Phone 84

3rd and Box Butte Ave.



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